

### **Abstract**

The invention relates to methods for transcutaneous and transmucosal application of carbon dioxide in the form of a gas and in the form of a capnic solution (such as carbonated water) for the relief of pain, including musculoskeletal disorders, neuralgias, rhinitis and other ailments. Gaseous carbon dioxide is applied to the skin for at least three minutes, and the capnic solution may be held on the skin for at least three minutes, which provides relief of symptoms. The capnic solution may also be sprayed onto mucous membranes such as the nose for relief of symptoms such as allergic rhinitis.